

AMENDMENTS TO THE SPECIFICATION:

Page 12, replace paragraph [0039] with the following amended paragraph:

--~~The exercise machine includes a footpiece 36 at a lower end of the frame. The footpiece forms a housing in which are located an electric motor 38 and an air pump or compressor 40 which is driven by the motor and which delivers air via a flexible pipe 42 to a cylinder 44.~~ The frame 12 forms a shallow enclosure 45 with opposed upper and lower ends 45B and 45C respectively, and opposed side walls 45D and 45E respectively, and the cylinder is located in the enclosure and is supported by the frame. The cylinder is preferably completely positioned inside the enclosure so that no part thereof, even if externally visible, protrudes from the frame.--

Page 21, replace paragraph [0069] with the following amended paragraph:

--When the piston rod is caused to move relatively to the cylinder (with the cylinder stationary) or if the cylinder is caused to reciprocate relatively to the piston rod (with the piston rod stationary) the air inside the cylinder is further pressurized as the rod 80A is moved to a greater extent into the cylinder while the pressure is slightly reduced as the rod is retracted from the cylinder. The operation is substantially the same as for the resistance assembly 72 except that for the assembly 72 the maximum volume occupied by the pressurized air is

equal to the sum of the volume of the cylinder and of the volume of the interior of the hollow piston rod while the minimum volume is equal to the volume of the cylinder minus the volume ~~of the wall~~ of the piston rod. With the assembly 260 the maximum volume occupied by the pressurized air is slightly less than for the assembly 72 and is equal to the volume of the cylinder. The minimum volume is also slightly decreased in that it is equal to the volume of the cylinder minus the volume of the solid or sealed piston rod. In substance however the resistance assembly 260 offers the same benefits as the resistance assembly 72.--